



SRI THIRUMALA

PHYSIOTHERAPY & PAIN RELIEF CLINIC

SINCE 1998

69, Arcot Road, Cheyyar – 604407, Thiruvannamalai District,

(Opp Government Boys Higher Secondary School)

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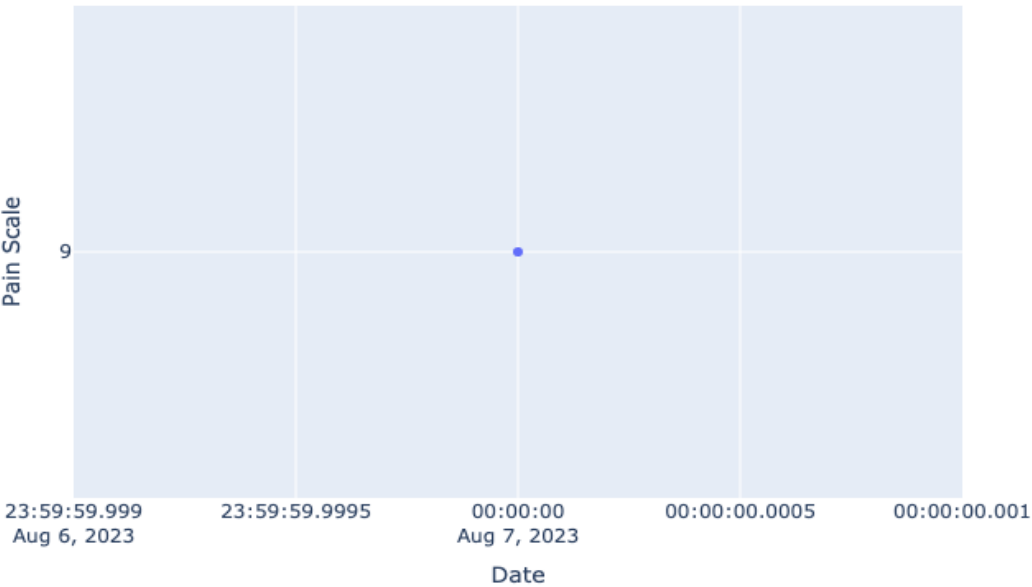
Name	MRS.MEENAKSHI
Age	35
Gender	Female
Referred by	DR.AZHAGU NADESAN
Chief Complaint	BACK PAIN
Previous Treatment Taken	MEDICATIONS
Diagnosis	IVDP/SCIATIACA
Duration	14
Treatment Given	IPT/TENS
Home Advice	COMPLETE REST
Next Review	20023-08-09

Exercise Plan:

Sr No	Name of Exercise	Reps	Sets	No of Days	Next Review
1	SINGLE LIMB STANDING	4	4	5	2023-08-12

Pain Scale Graph during the Treatment Period:

Pain Scale Graph



Daywise Exercise Analysis:

Date	Pain Scale	Comments
2023-08-07	9	IPT/TENS